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ABSTRACT

This book provides students and novice clinicians with advice about the process of doing therapy, starting with the first contact with a new patient. Organized around the treatment of one fictitious patient, with other case examples brought in as needed to illustrate special topics, the book speaks directly to the questions, concerns, and insecurities that beginning therapists typically face. Each chapter opens with a concise summary, examines a specific stage in the therapeutic process, and offers workable suggestions for practice. Covered are such tasks as setting up appointments and discussing payment, handling latecomers and no-shows, conducting effective assessments while setting patients at ease, and formulating a treatment plan. Recommendations are provided for handling mundane and serious clinical concerns, including suicidality, and for integrating psychopharmacology with psychotherapy. Emphasis is also given to the therapeutic relationship: how to recognize transference and countertransference, and navigate issues of consent and compliance. Sample therapist-patient dialogues are included to guide the novice therapist who feels at a loss for words, while also illustrating certain situations worth avoiding. The book concludes with a glossary and suggestions for further reading. (Contains 40 references.) (GCP)

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